

Light with care

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Though Diwali celebrations mean lots of fun and enjoyment, one needs to be extra careful during this festival of lights and crackers. With incidents of skin burns, eye injuries and even loss of eye-sight being reported every year, it's imperative to take precautions.

Dr Rajiv Chhabra, Consultant Paediatric, Artemis Health Institute suggests parental guidance. "Parents can help children by asking them to follow certain rules while playing with firecrackers. Also instructions provided with each firework should be followed carefully. Do not assume that the instruc-

Being a little cautious while lighting firecrackers would mean a safe Diwali for all

tions on all the fireworks are the same," says Chhabra. Hakim

Mohammad Tariq of

Hamdard Laboratories says, "On Diwali the high levels of dust and pollution may lead to a number of problems like watery and sore eyes. It can also affect one's eyesight." Doctors share a few tips that one should follow when lighting firecrackers.

Safety tips

- Always keep fireworks at arms length and make sure kids don't keep crackers in their pockets.
- Never turn back to fire-

works once lit—it may go off in your face.

- Let elders handle fireworks, youngsters can watch from a safe distance. Never try to re-ignite malfunctioned fireworks.

• If someone gets burns, place the affected area under cool, running water. Do not apply ice to the burnt area, it only increases the pain of the wound. Alternatively, you can dip a cloth in chilled water, and place it on the area.

- If someone's eyes get burnt, flush the eyes with water, and call a doctor. If wearing contact lenses,

remove them.

A decoction prepared by boiling neem leaves with water could be used to wash eyes before going to bed. It removes all the dust particles from eyes and leaves a soothing effect on eye muscles.

- To prevent eye infection one can also prepare a solution by soaking two to three *tulsi* leaves in a bowl of water overnight. In morning, strain the mixture and wash your eyes with the solution.

